

# Getting Ready to be Ready....

December 2024

## Preparing for Transformation Weekend

Dear friends,

How wonderful you will be joining us online for Transformation. It is an incredible opportunity to co-create with you, working together in the name of world healing. Thanks for taking the leap. This will be an adventure for us all.

Once again John's son, Sean, will be doing his magic to make this possible. ...cameras, filming, recording, editing, uploading, and everything else he does...We could not do it without him!

Most of you know how this works & some are doing this for the first time. Welcome to you all and trust you will enjoy this experience.

Since you will be participating from home, you will need to prepare a few things to create the energy of retreat in your home. Here are some ideas that may assist you to "Get Ready to be Ready".

It is **Essential that you carve out the time for your Transformation.**

If you are Zooming in live, please make sure you Block out these days, and create the time for you.

For those who will be Linking at another time, **you must do the 2 day program (Saturday & Sunday) back- to- back.** DO NOT WAIT to do the Sunday morning and final meditation at a later date. You will lose the frequency and the power of all the work done on Saturday and have no fuel to transform.

It will be ok to do the Friday night on its own, but Saturday and Sunday must be back-to-back. We do all the work, let it potentize over night and then transform in the morning.

### **Highly Recommended:**

Do Not Disturb – if you are not living alone you may want to put a few reminders around the house that you are doing this program.

Also let friends & family know you will not be available by email, phone etc. Unless it is an emergency.

To help stay focused with the program we suggest not to get caught with other emails etc. The weekend goes quickly. Stay in the present moment. Focus & practice mindfulness.

### **Other Ideas:**

Be Comfortable – Prepare essential clothes, mediation cushions, blankets/wrap beforehand.

Create a space that inspires & nurtures you– perhaps with candles, flowers, photos etc. It might be a room in your house or a corner in your room. Maybe even choose a place near a window, so you can look outside from time to time.

Prepare the room for calmness. Clear the space. Try to remove everything that is not relevant for your weekend. (As Den used to say "the subconscious loves to do neighborhood watch").

During Screen time – some sessions you may choose to close your eyes, turn away from the screen or look out the window while you are listening. Make sure to relax your eyes from time to time.

Be prepared to take notes – A journal, pen & paper, highlighters, coloured markers etc.

### **What else?**

There will be a Schedule, Quotes and Handouts available for you. Print them out ahead of time to follow along with the program.

### **Technical Requirements:**

You will need stable Wi-Fi.

Set up Zoom on the **computer you will be using** if you are joining in live. Have camera, microphone & speaker (Note if you have been joining weekly Zoom meditations you are all ready to go)

### **Are you a “ZOOMER” or a “LINKER”?**

Please ensure you let us know if you plan to join in live Australian time (as a “ZOOMER”) or in your own time (as a “LINKER”) Or if you change your mind.

**“ZOOMERS”** Please login 10-15 minutes before the session begins. Set up and then you still have time to get yourself ready. This helps Sean.

If at some point you need to run & get something and you take your tablet or iPad with you so as to not miss hearing the session, PLEASE turn off the camera as the movement can be extremely disruptive... also if animals are walking across the screen, it becomes a distraction in the room.

For the North Americans who Zoom through their night if you need to go to sleep... sleep! The links will be available in the morning for you to keep up.

**“LINKERS”** will awake to the links and work through our night here in Australia. Or begin a few days later at your own timing.

As this may be your first time “gathering “in this way, there may be some hiccups. Please have patience with yourself, and the process. Remember if the internet does dropout, you can log back in... otherwise you will get the recordings at the end of the day. So, you will not miss out.

Also, please have patience with us.... We are all embracing a new world.

We are Blessed to have Sean oversee the technical elements of this complex Retreat. He is gifting us all with his time & love and we have great gratitude for all his help.

And now, you are ready to begin!

Watch the Welcome Videos & we will see you soon.

*Lots of love*

*Ellen and John*